



Germs Can Be Hiding Just About Anywhere

Dave and the chipmunks find them in the kitchen, on their plates, on their hands — even on their paws! **Germs can multiply and make you sick.** But you can **stay healthy by doing as the chipmunks do** and following these important rules:

- 💧 Wash your hands and surfaces often.
- 💧 Wash hands with warm water and soap for 20 seconds before and after handling food.
- 💧 Wash fruits and vegetables thoroughly under running water just before eating, cutting, or cooking.
- 💧 Wash your hands:
 - 💡 Before you make or eat a snack or meal
 - 💡 After playing with pets
 - 💡 After using the bathroom
- 💧 Use a thermometer to determine if your food is fully cooked and safe to eat.
- 💧 Always use clean knives, forks, spoons and plates. Never place cooked food on a plate that previously held raw food.
- 💧 To save leftovers or take out, be sure to chill within two hours.
- 💧 Put backpacks and books on the floor. Don't put them on the kitchen table or counters.



Kids, complete the crossword search using your Food Safety knowledge!

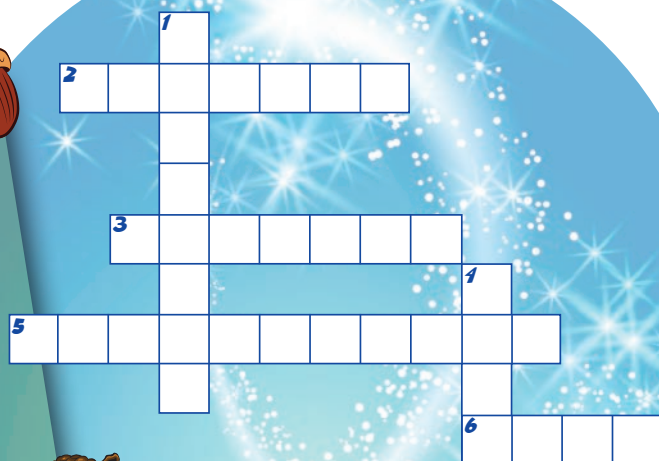
ACROSS

2. Never place cooked food on a plate that previously held _____
3. Don't put backpacks and books on the _____
5. To determine your food is cooked to a safe internal temperature, use a food _____
6. Wash your hands with warm water and _____

DOWN

1. Chill leftovers and takeout foods within _____
4. Wash your hands after playing with _____

ANSWERS: Across: 2. Raw Food 3. Counter 5. Thermometer
Down: 1. Two hours 4. Pets 6. Soap



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